



13.08.2026

Proceedings of UGBOS

An online meeting of UGBOS, Home Science was held at 01:30 PM onwards on 13.08.2026. The following members were present:

01. Prof. Nikhilesh Yadav	Dean-Ex Officio
02. Prof. Baljeet S. Yadav	Outside Expert
03. Dr. Mithlesh Yadav	Member
04. Dr. Priti Dhankhar	Member
05. Dr. Priyanka	Member

The UGBOS deliberated on the following agenda items in detail and approved as under:-

01. Syllabus of UG Programme (Home Science) 5th & 6th Semester scheme 2024-25 in accordance with NEP-2020, overall scheme already approved.
02. Syllabus & Scheme of 1st and 2nd semester, UG programme (Home Science) in a new format (without any change in the syllabus or scheme), to be implemented from 2026-27, as per the format provided and approved by University authorities.
03. Scheme & Syllabus of MDC, SEC, VOC to be uploaded on the University Website with minor changes in course code.
04. The Dean, Faculty of Humanities is authorised to make minor changes in the Syllabus whenever and wherever required.

The meeting ended with Vote of Thanks to the Chair

On 13/08/2026
Prof. Nikhilesh Yadav

(Signed online)
Dr. Priti Dhankhar

(Joined online)
Prof. Baljeet S. Yadav

(Joined online)
Dr. Priyanka

(Joined online)
Dr. Mithlesh Yadav

**A
SCHEME OF EXAMINATION &
SYLLABI
of**

**Home Science
(Honours/Honours with Research)**

(MDC, SEC and VOC Courses)

As per National Education Policy 2020

with effect from academic session 2024-25



**Indira Gandhi University, Meerpur,
Rewari**

122502

POOL OF MULTIDISCIPLINARY COURSES (MDC)

Multidisciplinary courses are based on introductory knowledge in a subject. These courses are offered to students of other disciplines than the discipline of business administration/management.

Course Code	Course type	Nomenclature of the course	Credits	Theory And Practical		Hours / week	Examination Scheme			Total
							Theory	Internal Marks	Practical	
24L4.5-MDC-HSE-101	MDC-1	Basics of Home science-I	3	2	1	4	35	20	20	75
24L4.5-MDC-HSE-201	MDC-2	Basics of Home Science-II	3	2	1	4	35	20	20	75
24L5.0-MDC-HSE-301	MDC-3	Basics of Home Science-III	3	2	1	4	35	20	20	75

POOL OF SKILL ENHANCEMENT COURSES (SEC)

Course Code	Course type	Nomenclature of the course	Credits	Theory And Practical		Hours / week	Examination Scheme			Total
							Theory	Internal Marks	Practical	
24L4.5-SEC-HSE-201	SEC-1	SWOT Analysis-A Mental Tool	3	2	1	4	35	20	20	75
24L4.5-SEC-HSE-301	SEC-2	Traditional Embroideries of India with Fusion	3	2	1	4	35	20	20	75
24L5.0-SEC-HSE-601	SEC-3	Eco Printing on Textile	2	1	1	3	20	15	15	50

POOL OF VOCATIONAL COURSES (VOC)

Course Code	Course type	Nomenclature of the course	Credits	Theory And Practical		Hours / week	Examination Scheme			Total
							Theory	Internal Marks	Practical	
24L4.5-VOC-HSE-401	VOC-1	Healthy and Sustainable Food Choices	4	3	1	5	50	30	20	100
24L4.5-VOC-HSE-501	VOC-2	Resist Printing Method	4	3	1	5	50	30	20	100
24L5.0-VOC-HSE-601	VOC-3	Contemporary and traditional Embroideries of India	4	3	1	5	50	30	20	100

Session: 2024-25			
Part A - Introduction			
Subject	Bachelor of Home Science		
Semester	I		
Name of the Course	Basics of Home science I		
Course Code	24L4.5- MDC-HSE-101		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. To acquire knowledge of various concepts of food & nutrition science. 2. To enable the students to have basic knowledge of textiles fibres, yarn and various stitches 3. To have knowledge of and basic concepts related to human development 4. To have knowledge of family resource Management and extension education 5*.To impart practical training on various aspects of home science		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4
Max. Marks: 75 Internal Assessment Marks:15(T)+5(P)=20 End Term Exam Marks: 35(T)+20(P)=55		Time:3hrs (T) 4hrs(P)	

Part B- Contents of the Course

Instructions for Paper- Setter

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

Instructions for the candidate: The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	➤ Introduction to Home Science: Concept And Its Job Opportunities ➤ Basic Terminology: Food, Nutrients, Nutrition, Health, Balanced Diet, Malnutrition (Over & Undernutrition), ➤ Classification and Function of Food ➤ Carbohydrate, Protein, Fat: Source, Function & Effect of Deficiency	10
II	➤ Definition and Classification and Uses of Textile Fibers: (Cotton, Jute, Wool, Silk, Rayon, Nylon and Polyester). ➤ Yarn: Definition and Classification (Simple, Novelty and Complex). ➤ Sewing Machine: Parts and Functions, Care and Maintenance	9
III	➤ Human Growth and Development: Meaning and Concept, Factors Influencing Growth & Development ➤ Developmental Milestones of Infancy (0-2 Years) and Early Childhood (3-6 Years): ● Physical and Motor Development ● Social and Emotional Development ● Cognitive and Language Development	9
IV	➤ Resource Management - Definition and Importance. ➤ Process of Time, Energy and Money Management. ➤ Extension Education: Meaning and Importance ➤ Qualities of an Extension Worker	9
V*	➤ Cooking Terminology ➤ Cooking of Following Recipes: Paratha, Pulao, Raita, Sandwich, Manchurian, Chocolates. ➤ Basic Stitches: Hemming, Buttonhole Stitch, Blanket Stitch, Running Stitch ➤ Prepare a Play Material for Infants/Preschoolers ➤ Prepare Immunization Chart For a Child Up To 5 Years.	28

Suggested Evaluation Methods		
Internal Assessment: ➤ Theory 15 ● Class Participation: 04 ● Seminar/presentation/assignment/quiz/class test etc.:04 ● Mid-Term Exam: 07 ➤ Practical 5 ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:05 ● Mid-Term Exam:		End Term Examination: 35 20
Part C-Learning Resources		
Recommended Books/e-resources/LMS: ➤ Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi. ➤ Mudambi, S.R. and Rao S. Fundamentals of Food & Nutrition. (2nd ed.) Wiley Eastern Ltd.: New Delhi. ➤ Bamiji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. ➤ Saraswathi, T.S. & Kaur, B. (1993): The development of Children, New York: Scientific American Books. ➤ Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi. ➤ Tara L. Kuther (2022).Lifespan Development: Lives in Context. A Topical Approach, Second Edition. Western Connecticut State University, USA. ➤ Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur. ➤ Premalatha Mullick (2011). Textbook of Home Science, Kalyani Publishers, New Delhi. ➤ Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana. ➤ Sushma Gupta, Neeru Garg and Renu Saini, 2013. Text book of clothing, textiles and laundry Kalyani Pub. ➤ Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi. ➤ Reddy, A.A. (2001). Extension Education. Bapatla: Sri Lakshmi Press.		

*Applicable for courses having practical component.

Session: 2024-25			
Part A - Introduction			
Subject	Bachelor of Home science		
Semester	II		
Name of the Course	Basics of Home science II		
Course Code	24L4.5-MDC- HSE-201		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC		
Level of the course (As per Annexure-I	100-199		
Pre-requisite for the course (if any)	Basics of Home Science- I		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: • To understand the functions, sources, requirements and effects of excess and deficiency of different nutrients • To gain knowledge about clothing & fabric construction • To gain knowledge about development during childhood and adolescence. • To learn the relationships that characterize art and design practice and impart knowledge about consumer education 5*.To impart practical training on various aspects of home science		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4
Max. Marks: 75 Internal Assessment Marks:15(T)+5(P)=20 End Term Exam Marks: 35(T)+20(P)=55		Time:3hrs (T) 4hrs(P)	

Part B- Contents of the Course		
<u>Instructions for Paper- Setter</u> <u>Instructions for Paper- Setter:</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting at least one question from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Micro Nutrients: Definition and Classification of Vitamin and Mineral ➤ Source, Requirement and Deficiency of Vitamin: A,D, E, K, B, C (In Brief) ➤ Source, Requirement, Deficiency of Minerals: Calcium, Iron, Iodine, Sodium, Potassium	7
II	➤ Factors Affecting Selection of Clothing., Weaving- Definition and Different Types of Weaves ➤ Meaning and Objectives of Application of Finishes ➤ Different Types of Finishes- Wrinkle Resistant , Water Resistant, Soil Repellent and Flame Repellent Finishes	8
III	➤ Major Physical, Motor, Emotional and Cognitive Development Milestones Through Middle School Age. ➤ Role of the Family and Community in Socialization of the Child. ➤ Developmental Changes During Adolescence: Social, Emotional, Cognitive and Moral Development.	6
IV	➤ Importance of Interior Decoration, Elements of Arts and Principles of Design. Consumer Protection Act & Consumer Rights, Standardized Marks {AGMARK, FPO, WOOL MARK, ECOMARK, ISI}	9
*V	➤ Preparation of Vitamin Rich Recipes and Sponge Cake ➤ Prepare Samples of Basic Weaves ➤ Prepare a Teaching Aid For Children ➤ Prepare a Color Wheel ➤ Make Illustration of Following Standardized Marks: AGMARK, FPO, WOOL MARK, ECOMARK, ISI	30
Suggested Evaluation Methods		

Internal Assessment: ➤ Theory ● Class Participation: 04 ● Seminar/presentation/assignment/quiz/class test etc.:04 ● Mid-Term Exam: 07 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:05 Mid-Term Exam:	End Term Examination: 35 20
Part C-Learning Resources	
Recommended Books/e-resources/LMS: ➤ Srilakshmi, B. (2002). Nutrition Science. New Age International Limited, Publishers, New Delhi. ➤ Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi. ➤ Khader, V. (2011) Text book on Food Storage & Preservation. Kalyani Publishers, New Delhi ➤ Rajalakshmi, R. (1990) Applied Nutrition (3rd ed.) Oxford and IBH Pub. Co. Pvt. Ltd.: New Delhi. ➤ Swaminathan, M. (1988). Essentials of Food and Nutrition - An Advanced Text Book Vol. I and II. (2nd ed.) BAPPCO: Bangalore. ➤ Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi ➤ Kumar. (1993): Study of childhood and family. In T. S Saraswathi & B. Kaur (Eds). Human development and family studies in India: An agenda for research and policy New Delhi: Sage. ➤ Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur. ➤ Home Management- A Textbook of Home Science for Senior Students. The Educational Planning Group, Arya Publishing House, Karol Bagh, New Delhi. ➤ Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana.	

*Applicable for courses having practical component

Session: 2024-25			
Part A - Introduction			
Subject	Bachelor of Home science		
Semester	III		
Name of the Course	Basics of Home Science III		
Course Code	24L5.0 -MDC-HSE- 301		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC-3		
Level of the course (As per Annexure-I	200-299		
Pre-requisite for the course (if any)	Basics of home science -I and II		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1.To obtain knowledge about dietary management of diseases and modifications of normal diet for therapeutic purposes and preservation. 2.To impart knowledge about traditional embroideries of India and stain removal 3.To inculcate the skills of effective guidance & counseling 4.To impart knowledge about traditional embroideries of India and stain removal 5*.To impart practical training on various aspects of home science		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4

Max. Marks: 75 Internal Assessment Marks:15(T)+5(P)=20 End Term Exam Marks: 35(T)+20(P)=55		Time:3hrs (T) 4hrs(P)
Part B- Contents of the Course		
<u>Instructions for Paper- Setter:</u>The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Meal Planning: Its Meaning & Principles ➤ Planning Diet for School Going Children & Adolescents; Food Preservation ➤ Principles and Home Scale Methods	8
II	➤ Traditional Embroideries of India: Chickankari, Phulkari, Kantha, Chamba And Kasuti. ➤ Soaps and Detergents, Starches, Blues And Bleaches ➤ Stain Removal-Classification of Stains, Methods of Removing Different Types of Stain	7
III	➤ Physical Changes, Health Problems and Adjustments in Old Age ➤ Guidance: Meaning and Its Types ➤ Skills and Characteristics of Effective Counseling	9
IV	➤ Various Color Schemes and its Application. Table Etiquettes and Table Setting – Formal and Informal ➤ Communication- Meaning, Importance and Types ➤ .Major Nutritional Problems in India; PEM, IDD, Anemia	8
V*	➤ Prepare a Counseling Aid for Children ➤ Preparation of Chocolate Cake & Pineapple Cake ➤ Make Rangoli/Alpana on Floor ➤ Prepare Samples of Embroidery Stitches / Tie & Dye	30
Suggested Evaluation Methods		

Internal Assessment: ➤ Theory ● Class Participation: 04 ● Seminar/presentation/assignment/quiz/class test etc.:04 ● Mid-Term Exam: 07 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:05 ● Mid-Term Exam:	End Term Examination: 35 20
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi.
- Mudambi, S.R. and Rao S. Fundamentals of Food & Nutrition. (2nd ed.) Wiley Eastern Ltd.: New Delhi.
- Bamiji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Saraswathi, T.S. & Kaur, B. (1993): The development of Children, New York: Scientific American Books.
- Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi.
- Tara L. Kuther (2022). Lifespan Development: Lives in Context. A Topical Approach, Second Edition. Western Connecticut State University, USA.
- Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.
- Premalatha Mullick (2011). Textbook of Home Science, Kalyani Publishers, New Delhi.
- Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana.
- Sushma Gupta, Neeru Garg and Renu Saini, 2013. Text book of clothing, textiles and laundry Kalyani Pub.
- Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi.
- Reddy, A.A. (2001). Extension Education. Bapatla: Sri Lakshmi Press.

Session: 2024-25			
Part A - Introduction			
Subject	Bachelor of Arts (Home Science)		
Semester	II		
Name of the Course	SWOT Analysis-A Mental Tool		
Course Code	24L4.5-SEC-HSE-201		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/DSEC/PC/A EC/VA C)	SEC		
Level of the course (As per Annexure-I)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. know about professional enhancement of self and organization through SWOT analysis. 2. develop skills, abilities & knowledge about types of personalities. 3. encourage more awakened human production with creative problem- solving attitude. 4. produce better leaders to ascertain fittest of survival at workplace. 5. justify Role of Swot Analysis in locating human and non-human resources and their management. *To acquire analytical and critical thinking of SWOT or individual and professional upliftment with special concern of locating the same concept in surrounding.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4

Max. Marks:75 Internal Assessment Marks:15(T)+5(P)=20 End Term Exam Marks: 35(T)+20(P)=55		Time:2hrs (T) 2hrs(P)
Part B- Content of the Course		
<u>Instructions for Paper- Setter</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Definition and brief Analysis of SWOT in context with Professional development ➤ Elements of SWOT analysis: ➤ Strength ➤ Weaknesses ➤ Opportunities ➤ Threats ➤ Individual and External Analysis with its impacts ➤ SWOT Analysis Grid	8
II	➤ Definition and Role of Personality ➤ Types of personalities ➤ Temperament and its Types: Sanguine, Choleric, Melancholic, phlegmatic ➤ Temperament and SWOT analysis	7
III	➤ Concept and Role of leaders in society ➤ What is leadership ➤ Types of leadership : Transformational, ➤ Delegative ➤ Authoritative ➤ Transactional ➤ Participative ➤ Servant leadership	8
IV	➤ Home Management and it's definitions ➤ Various steps of management: Planning, Organisation, Implementation, Evaluation ➤ Qualitative and quantitative resources and their comparison ➤ Impact of Swot Analysis at management	7

V	➤ Practicum ➤ Prepare Swot Analysis Grid of Individual ➤ Prepare Swot Analysis Grid of Organization ➤ Identify your own/ideal type of personality and temperament with brief report in accordance with SWOT ➤ Portfolio of any five Eminent Women Leaders	30
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Suggested Evaluation Methods

Internal Assessment: ➤ Theory ● Class Participation: 05 ● Seminar/presentation/assignment/quiz/class test etc.:05 ● Mid-Term Exam: 10 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:10 ● Mid-Term Exam:	End Term Examination: 50 20
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi.
- Saraswathi, T.S. & Kaur, B. (1993): The development of Children, New York: Scientific American Books.
- Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.
- Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi.
- How Personality Integrates into a Personal SWOT Analysis-Parabol
- SWOT Analysis for Personal Development
- SWOT Analysis - StatPearls
- Career Smarter
- <https://www.careersmarter.com › swot-analysis-for-pers...>
[Personal SWOT Analysis - Plan For Career Success](#)

Session: 2024-25

Part A - Introduction

Subject	Bachelor of Arts (Home Science)		
Semester	III		
Name of the Course	Traditional Embroideries of India with Fusion		
Course Code	24L5.0-SEC-HSE-301		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/DSEC/PC/AEC /VA C)	SEC		
Level of the course (As per Annexure-I)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1.know about rich and glorious textiles of India. 2.have knowledge of origin, techniques, motifs, colour combinations of various embroideries. 3.learn contemporary designs and techniques of thread work with fusion. *To acquire analytical and critical thinking of traditional embroidery is of India and their fusion with contemporary ones.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4

Max. Marks:75 Internal Assessment Marks:15(T)+5(P)=20 End Term Exam Marks: 35(T)+20(P)=55		Time:2hrs (T) 2hrs(P)
Part B- Content of the Course		
<u>Instructions for Paper- Setter</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Introduction to Traditional embroidery of India ➤ Origin, History, thread, colour, Motifs, technique of: ➤ Phulkari of Punjab ➤ Chickankari of Lucknow	7
II	➤ Kantha of Bengal ➤ Kasuti of Karnataka ➤ Kashida of Kashmir ➤ Chamba of Himachal Pradesh	8
III	➤ Applique work: ➤ Gota Patti of Rajasthan ➤ Chutki work/ ➤ Katab applique work of Bhuj	8
IV	➤ Mirror Work ➤ Metallic threads ➤ Contemporary embroidery pattern: Canvas work ➤ Fusion of traditional and contemporary ones	7

V	➤ Prepare at least one sample of each traditional embroidery with details of origin, motifs, thread used	30
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory 15 • Class Participation: 05 • Seminar/presentation/assignment/quiz/class test etc.: • Mid-Term Exam: 10 ➤ Practical 5 • Class Participation: NIL • Seminar/Demonstration/Viva-voce/Lab records etc.: 05 • Mid-Term Exam:NIL		End Term Examination: 35 20
Part C-Learning Resources		
Recommended Books/e-resources/LMS: ➤ Costumes and Textiles of Royal India, Ritu Kumar, Christie’s Books, London (1999). ➤ Embroidered Textiles; Traditional Pattern Form Five Continents by Paine published by M/S Haper & Row, New York ➤ Traditional Embroideries of India by Shailja D. Naik published by M/S APH Publishing Book Centre, New Delhi ➤ Traditional Indian Embroideries by Samriti Pandit published by M/S APH Publishing Book Centre, New Delhi ➤ Creative Stitches for Contemporary Embroidery: Visual Guide to 120 EssentialStitches for Stunning Designs Paperback – 31 December 2020 by Sharon Boggon (Author) ➤ ➤ Traditional Embroideries of India, Dr. Shailaja D. Naik, APH Publishing Corporation, New Delhi (1996). ➤ Canvas Embroidery		

Part A - Introduction			
Subject	Bachelor of Arts (Home Science)		
Semester	VI		
Name of the Course	ECO-PRINTING ON TEXTILES		
Course Code	24L5.5-SEC-HSE-601		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/DSEC/PC/A EC/VA C)	SEC		
Level of the course (As per Annexure-I)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. To gain knowledge of materials and methods that are environmentally sustainable with low carbon footprints 2. To develop skills in using plant materials in their natural form as a medium for textile fabric ornamentation 3. To appreciate a user-friendly application of natural materials to pave way for a small-scale entrepreneurial set-up. *To inculcate the skills for developing sustainable and environmentally friendly products.		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	1	2	3

Max. Marks:50 Internal Assessment Marks:10(T)+5(P)=15 End Term Exam Marks: 20 (T)+15(P)=35		Time:1hrs (T) 2hrs(P)
Part B- Content of the Course		
<u>Instructions for Paper- Setter</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Introduction to Flora Understanding of locally available plant materials in relation to the hues, pigments present, seasonality in flowering or growth, cost and current usage - marigold flowers, rose flowers, eucalyptus leaves etc.	5
II	➤ Selection and Preparation of Fabric - Desizing and scouring of cellulosic and protein-based fabrics - Mordanting of fabrics using metallic and non-metallic based mordants like Alum, FeSo₄, Myrobalan, Pomegranate peels etc	5
III	➤ Eco Printing Techniques - Placement of plant material - Transfer of prints: pounding, rolling, wrapping, steaming, boiling, ageing	5
IV	➤ Practicum ➤ Development of simple products using different techniques, plant material and textile substrate like - Stoles - Bags - Cushions - Kaftans - Curtains - Bed sheet	30

Suggested Evaluation Methods

Internal Assessment: ➤ Theory ● Class Participation: 00 ● Seminar/presentation/assignment/quiz/class test etc.:05 ● Mid-Term Exam: 05 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:5 ● Mid-Term Exam:	End Term Examination: 20 15
Part C-Learning Resources	

Recommended Books/e-resources/LMS:

- R. (2008). Eco Colour: Botanical dyes for beautiful textiles by India Flint.
- 2. Boutrup, J., & Ellis, C. (2018). The art and science of natural dyes: principles, experiments, and results. Schiffer Publishing, Limited.
- 3. Behan, B. (2018). Botanical inks: Plant-to-print dyes, techniques and projects. Hardie Grant Publishing
- <https://www.fiberartsy.com/eco-printing-fabric/>
- <https://ecomaniac.org/eco-printing-with-flowers/>

Session: 2024-25**Part A - Introduction**

Subject	Bachelor of Arts (Home Science)		
Semester	IV		
Name of the Course	Healthy and Sustainable food Choices		
Course Code	24L5.0-VOC-HSE- 401		
Course Type: (CC/MCC/MDC/CCM/DSEC/VOC/DSE/DS EC/PC/AEC/VAC)	VOC		
Level of the course (As per Annexure-I)	200-299		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: • To be able to select and prepare healthier food options • To relate the influence of food environment on food choices • To understand portion control for foods • To comprehend the importance of sustainable food choices * To demonstrate skill for preparing healthy and nutritious dishes		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5

Max. Marks:100	Time:3hrs (T)
Internal Assessment Marks:20(T)+10(P)=30	End4hrs(P)
Term Exam Marks: 50(T)+20(P)=70	

Part B- Content of the Course

Instructions for Paper- Setter The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

Instructions for the candidate: The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	➤ Healthy food choices • Identification of healthy and unhealthy foods and Understanding the immediate food environment • Food labels and basics of nutrient profiling models to classify foods as HFSS • Nutrient profiling of commonly consumed food items • Exploring the food environment by mapping the food outlets and food available near home and college	10
II	➤ Food portion sizes and related factors • Understanding food portion sizes and its relation to nutrient density • The concept of portion/serving sizes and portion control • Estimation of energy and nutrient density of selected food products using nutrient composition database	10
III	➤ Basics of food preparation • Planning and preparation of the following: - • Snacks • Soups and Salads • Desserts • Meal combinations	10
IV	➤ Sustainability and healthy food • Identification of nutritious food sources which have minimal impact on the environment • Case study on understanding food supply chain and carbon footprints of any commonly consumed foods	10

Session: 2024-25			
Part A - Introduction			
Subject	Bachelor of Arts (Home Science)		
Semester	V		
Name of the Course	Resist Printing Methods		
Course Code	24L5.5-VOC-HSE-501		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/DSEC/PC/AEC/VA C)	VOC		
Level of the course (As per Annexure-I)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: - To gain knowledge about batik printing and tie & dye history. - To understand the various methods of batik and Tie and Dye - To get acquainted with various methods of tying *To inculcate the skills for Batik Printing and various tie &Dye methods		
Credits	Theory	Practical	Total
	3	1	3
Contact Hours	3	2	5

Max. Marks:100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time:3hrs (T) 4hrs(P)
Part B- Content of the Course		
<u>Instructions for Paper- Setter</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Introduction to resist printing: • Meaning and Methods • Historical Background • Different types of Printing • Dyeing and Printing auxiliaries •	11
II	➤ Batik printing: Meaning, Material required ➤ Technique involved Free hand methos of Batik-Drawing, Drip method, Splash Method and Cracked effect. Other techniques used in Batik- Block, Tjanting	11
III	➤ Tie and Dye: historical background, Meaning, Material required ,Dyes and auxiliaries used for dying ➤ Method of tieing- Marbling, Texturing, knotting, ruching, folding, gathering, diagonal, spiral web, triangle, object binding	11
IV	➤ Stencil Printing: Meaning, Material required,design development ➤ Preparation of stencil ➤ Positive and negative stencil	11

V	➤ Practicum Preparation of sample for printing and selection of raw material Prepare an article using various tie and dyeing technique Designing using batik printing Stencil printing sample preparation	30
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Suggested Evaluation Methods

Internal Assessment: ➤ Theory ● Class Participation: 05 ● Seminar/presentation/assignment/quiz/class test etc.:05 ● Mid-Term Exam: 10 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:10 ● Mid-Term Exam:	End Term Examination: 50 20
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi.
- Saraswathi, T.S. & Kaur, B. (1993): The development of Children, New York: Scientific American Books.
- Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.
- Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi.
- How Personality Integrates into a Personal SWOT Analysis-Parabol
- SWOT Analysis for Personal Development
- SWOT Analysis - StatPearls
- Career Smarter
- <https://www.careersmarter.com › swot-analysis-for-pers...>
[Personal SWOT Analysis - Plan For Career Success](#)

Session: 2024-25

Part A - Introduction

Subject	Bachelor of Arts (Home Science)		
Semester	VI		
Name of the Course	Contemporary and traditional Embroideries of India		
Course Code	24L5.5-VOC-HSE-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/DSEC/PC/AEC/VAC)	VOC		
Level of the course (As per Annexure-I)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Know about rich and glorious textiles of India. 2. Have knowledge of origin, techniques, motifs, colour combinations of various embroideries. 3. Learn contemporary designs and techniques of thread work with fusion. 4. Raise elegant dresses with outspoken motifs and patterns. 5. Celebrate beauty of fusion of contemporary and traditional patterns. *To acquire analytical and critical thinking of traditional embroidery is of India and their fusion with contemporary ones.		
Credits	Theory	Practical	Total
	3	1	3
Contact Hours	3	2	5

Max. Marks:100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time:3hrs (T) 4hrs(P)
Part B- Content of the Course		
<u>Instructions for Paper- Setter</u> The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.		
Unit	Topics	Contact Hours
I	➤ Brief introduction of Traditional Embroideries of India, Contemporary Embroideries of India ➤ Contemporary designs ➤ Mirror Work ➤ Colour combinations with brief concept of colour Schemes ➤ Hue, Tints, Shades, Monochromatic, Analogous, complimentary, Neutral	11
II	➤ Contemporary embellishment material such as: ➤ Bead work ➤ Sequin Work ➤ Metallic work ➤ Metallic threads	11
III	➤ Origin, History, thread, colour, motifs, technique/stitch of: ➤ Phulkari of Punjab with mirror work ➤ Chickankari of Lucknow, Kantha, Kasuti, Kashida of Kashmir, Chamba of Himachal Pradesh with variant contemporary designs	12
IV	➤ Applique work with application ➤ Gota Patti of Rajasthan ➤ Chutki work/ Pipli Appliqué work/ Shamiana ➤ Katab applique work of Bhuj ➤ Applications: Canvas paintings/Chaklas/Cushions/Necklines	11

V	➤ Practicum: ➤ Prepare at least 10 sample of traditional embroideries and contemporary designs with details of origin, motifs, stitch used, contemporary feature incorporated with traditional one.	30
Suggested Evaluation Methods		
Internal Assessment:		End Term Examination:
➤ Theory 20 ● Class Participation: 05 ● Seminar/presentation/assignment/quizz/class test etc.:5 ● Mid-Term Exam: 10		50
➤ Practical 10 ● Class Participation:5 ● Seminar/Demonstration/Viva-voce/Lab records etc.: 5 ● Mid-Term Exam:		20
Part C-Learning Resources		

Recommended Books/e-resources/LMS:

- Costumes and Textiles of Royal India, Ritu Kumar, Christie's Books, London (1999).
- Embroidered Textiles; Traditional Pattern Form Five Continents by Paine published by M/S Haper & Row, New York
- Traditional Embroideries of India by Shailja D. Naik published by M/S APH Publishing Book Centre, New Delhi
- Creative Stitches for Contemporary Embroidery: Visual Guide to 120
- Essential Stitches for Stunning Designs Paperback – 31 December 2020 by [Sharon Boggon](#) (Author)
- Traditional Indian Embroideries by Samriti Pandit published by M/S APH Publishing Book Centre, New Delhi
- Traditional Embroideries of India, Dr. Shailaja D. Naik, APH Publishing Corporation, New Delhi (1996).
- [Canvas Embroidery](#)